

## *Healthy Arkansas*

### *Carroll County Gets Busy Getting Healthy*

As we discussed in the last newsletter, efforts are underway to design programs that encourage employees to get healthy and get active. Well, several of you in the counties heard that call and have submitted some wonderful suggestions for activities in your area. One county in particular, loudly answered this call and devised a customized plan that allows their office to get active, chart the group's progress, and support each other. We wanted to share a note from Sandra Allen, Carroll County Administrator in the hopes that this inspires you to make healthy living part of your office.



*Carroll County DHS is proud to join in the campaign for a Healthy Arkansas. We have recently turned a vacant office into an exercise room to give our employees an opportunity to workout on their break, before or after work. Our equipment consists of a weight bench with over 100 pounds of weights, a stationery bicycle, a stepper, and a power rider. Soon we will be getting a Nordic Track. Employees and family members were kind enough to donate their equipment from home to share with all of us. We have each employee sign a form releasing the landlord and DHS from responsibility. We are setting up records on each employee to track weight loss and time spent in the exercise room for measure of improvement. We will be displaying materials in the exercise room regarding nutrition also. Carroll County DHS is excited about becoming healthy and fit and challenge other state offices to join in this campaign!*

### Franklin County DHS Office

On August 5, 2004, volunteers from the Franklin County DHS Office donated their time and labor at several work sites all day for the Ozark Area Youth Organization (OAYO) in cooperation with the United Way's Day of



Caring. During the Day of Caring, hundreds of volunteers from local businesses and organizations proved that they care about the community by reporting to work sites at local non-profit organizations and public schools to assist with various projects. OAYO serves youth between the ages 5-18 through athletic opportunities. The organization's mission is to nurture companionship, self-esteem and athletic skills in Ozark Area youth. Activities include basketball, cheerleading, soccer, swimming and tennis.

### Weight Watchers at Work



**A new Weight Watchers class will begin on August 25, 2004 at 11:30 a.m. in NDPS, Conference Room 5368. A representative from Weight Watchers will conduct the classes, which last 8 weeks. If you have questions, please contact Ruby Shackleford (DYS) at 501-683-2674.**

### Alexander Human Development Center

The Alexander Human Development Center is participating in a project with the Saline County Animal Orphanage to help them remain open. The orphanage does not get any agency assistance from the county – operating funds come from donations and fundraisers. One of their fundraising projects is collecting old cell phones and computer ink cartridges that are sent to a recycling company to receive money. If you would like to donate, you may contact Gloria Brunson at 501-682-5448. This is an on-going project.

### **Elks Organization Donation**

Dick Thayer and Jan Dorn, representatives from the Elks Organization, presented Tammy Anders, Special Projects Coordinator at Alexander Human Dev. Center, with a donation of \$3,100 to buy handicapped accessible game equipment for the Client's Recreation Department. Each year, the Elks Organization makes a major contribution to the Center to benefit the requests of things needed for the Clients. Alexander Human Dev. Center Staff and Clients are very appreciative of the hard work and donations made by the Elks Organization.

### **Cornell Alexander Youth Service Center Receives National Attention(DYS)**

As a result of the U.S. Department of Justice's review of educational programs at the Cornell Alexander Youth Service Center (CAYSC), the school's principal and a special education teacher were asked to conduct special workshops during the National Center on Education, Disability and Juvenile Justice Conference held in June 2004. Ryan Burgess, CAYSC Principal, discussed "Establishing and Maintaining Quality Education Programs in Juvenile Corrections". Henry Hunt, Special Education Teacher, discussed "Special Education In The Most Restrictive Environment". These presentations were presented to showcase the positive changes that DYS and Cornell Interventions, Inc. have made in meeting the educational needs of committed juveniles.

<b><u>COMMUNITY CALENDAR</u></b>	<b><u>Changes/Transitions....</u></b>
<p><b><u>August 14<sup>th</sup></u></b> - AARP 50+ sign-up for 10-week walking program, War Memorial Fitness Center, beginning at 7:30 a.m.</p> <p><b><u>August 25<sup>th</sup></u></b> - Weight Watchers session begins, NDPS, Conference 5368, 11:30 a.m. - 12:30 p.m.</p> <p><b><u>September -13-17</u></b> - National Volunteer Firefighters Week</p>	<p>Karen Rettman will be the DCO Area 1 Director effective Monday, August 16<sup>th</sup>.</p> <p>Roy Kindle, Director of the Division of Children and Family Services is pleased to announce the selection of Rosemary White as Assistant Director for Community Services. White has a Master's Degree in Social Work and over 25 years experience in social services and child welfare. Most recently White served as an Area Manager for DCFS in Area 10.</p>
<p><b>A Final Thought....</b></p> <p><b>"Getting what you want out of life is as simple as wanting what you get."</b></p> <p><b>-author unknown</b></p>	



Do you have something you'd like to share in the newsletter? Send e-mail to [Julie.Munsell@mail.arkansas.gov](mailto:Julie.Munsell@mail.arkansas.gov) or [Ingrid.Green@mail.arkansas.gov](mailto:Ingrid.Green@mail.arkansas.gov). Send a fax to (501) 682-6836 or call (501) 682-8650.

